



SAFETY ADVISOR

MAY 2013

May

Motorcycle Safety Awareness Month

In recognition of May as Motorcycle Safety Awareness Month, we need to keep in mind motorists and motorcyclists alike to “share the road” conscientiously and courteously to help prevent motorcycle crashes, which remain one of the most prevalent causes of death and injury on Florida’s roads and highways.



In addition to stressing the mutual responsibilities shared by all users of the road to prevent motorcycle crashes, safety campaigns initiated by the Department of Transportation’s National Highway Traffic Safety

Administration (NHTSA), state and local safety officials nationwide, and motorcycle safety groups everywhere will also have increased law enforcement throughout May to make sure motorcyclists and drivers of all types of vehicles are obeying state and local laws.

Safety is a mutual responsibility for motorists and motorcyclists alike. Motorcyclists are about 30 times more likely to die in a crash than passenger vehicle occupants, so whether you are driving the family sedan, SUV, a school bus, a delivery van, or an 18-wheeler, drivers should always be on the lookout for motorcyclists. Drivers must be aware that a motorcycle, as one of the smallest of vehicles on the road, can be ‘hiding’ in your vehicle’s blind spots. Always check blind

spots, use mirrors and signal before changing lanes or making turns.

Motorcyclists have responsibilities too. Riders should obey all traffic laws and be properly licensed, alert to other drivers, conspicuous at all times, never ride impaired or distracted, and always wear a helmet and other protective gear.

This safety advice is particularly timely as nationally, motorcycle fatalities in 2012 showed a continued increase to over 5,000. Motorcycle fatalities accounted for 14 percent of total highway deaths for the year despite motorcycle registrations representing only about 3 percent of all vehicles in the U.S. Please read and follow these tips for drivers to help keep motorcyclists safe on our roadways.

Cont’d Page 2



INSIDE THIS ISSUE:

| | |
|---------------------------------|-----------|
| <i>Motorcycle Safety Month</i> | 1 |
| <i>Keep an eye out for.....</i> | 3 |
| <i>National Bike Month</i> | 4 |
| <i>Know Your Bike Type</i> | 5 |
| <i>Hurricane Terminology</i> | 6 |
| <i>Word Search</i> | 7 |
| <i>Safety Slogans</i> | 8 |
| <i>Survey</i> | 9 |
| <i>Calendar</i> | 10 |

- Remember, a motorcycle is a vehicle with all of the rights and privileges of any other motor vehicle. The person under that helmet could be a mother, brother, doctor, or friend;
- Always allow a motorcyclist the full lane width—never try to share a lane;
- Perform a regular visual check for motorcycles by checking mirrors and blind spots before entering or exiting a lane of traffic, and at intersections;
- Always signal your intentions before changing lanes or merging with traffic;
- Don't be fooled by a flashing turn signal on a motorcycle. Motorcycle signals are often not self-canceling and riders sometimes forget to turn them off. Wait to be sure the motorcycle is going to turn before you proceed;
- Allow more following distance, three or four seconds when behind a motorcycle to give the motorcyclist time to maneuver around obstacles in the roadway, or stop in an emergency;



Motorcyclists can increase their safety by:

- Wearing a DOT-compliant helmet;
- Using turn signals for every turn or lane change, even if the rider thinks no one will see it;
- Signaling intentions by combining hand signals and turn signals to draw more attention to themselves;
- Wearing brightly colored protective gear, and using reflective tape and stickers to increase conspicuity;
- Positioning themselves in the lane where they will be most visible to other drivers; and
- Never riding while impaired.

The message to all drivers and motorcyclists is: Help to share in the responsibility of keeping all road users safe, and do your part by safely sharing the road.

For additional information on motorcycle safety:
<http://www.nhtsa.gov/Safety/Motorcycles>

LOOK TWICE - SAVE A LIFE
MOTORCYCLES ARE EVERYWHERE

**Spotting a
motorcycle
on the
road can
be just
as hard
as finding
one in
this picture.**

Keep an eye out
for motorcycles.



Share the road with motorcycles 

National Bike Month

Cycling is one of the easiest ways to exercise

You can ride a bicycle almost anywhere, at any time of the year, and without spending a fortune. Many people are put off doing certain sports because of the high level of skill that seems to be required, or perhaps they can't commit to a team sport due to time pressures. Most of us know how to cycle and once you have learned you do not forget. All you need is a bike, a half an hour or there when it is convenient, and a bit of confidence.

Cycling builds strength and muscle tone

Contrary to normal perceptions, cycling is not a fitness activity that solely involves the legs. Cycling builds strength in a holistic manner since every single part of the body is involved in cycling.

Cycling increases muscle tone

Cycling improves general muscle function gradually, with little risk of strain. Regular cycling strengthens leg muscles and is great for mobility of hip and knee joints. You will gradually begin to see improvement in muscle tone of your legs, thighs, derriere, and hips.

Cycling builds stamina

Cycling is a good way to build stamina. It is very effective in doing so, because people enjoy cycling and they would not really notice that they have gone farther the last time they went cycling.

Cycling improves cardiovascular fitness

Cycling makes the heart beat in a manner that helps improve cardiovascular fitness. Studies have shown that cycling to work will increase cardiovascular fitness by 3-7%. Cycling uses the largest muscle groups in the legs, raising heart rate to benefit stamina and fitness.

Cycling eats up calories

Cycling is a good way to lose those unwanted pounds. Steady cycling burns approximately 300 calories per hour. If you cycle for 30 minutes every day you would burn 11 pounds of fat in a year. Since it helps build muscle, cycling will also boost your metabolic rate long after you have finished your ride.

Cycling improves coordination

Cycling is an activity that involves the whole body. Therefore, arm to leg, feet to hands, and body to eye coordination are improved.

Cycling reduces stress

Any regular exercise can reduce stress and depression and improve well being and self esteem. Cycling outdoors is also a good way to be one with nature and feel the breath of the earth. It takes one's mind out of everyday life stress and rejuvenates the soul.

Consult your doctor

Most people can do cycling. However, it is still best to consult your doctor when thinking about incorporating a cycling activity into an overall fitness program. They can advise you regarding your limits and capacities and what you should avoid doing.

<http://www.adultbicycling.com>

Know Your Bike Type

Just as there are tractor trailers to haul big loads and compact convertibles to shuttle back and forth from the beach, there are different styles of bikes to perform different jobs. Though any functioning bike will get you to work and back, the right ride will make the trip more pleasant. The following are the basic bicycle styles.

ROAD BIKE

Built for speed, road bikes have skinny, smooth, high-pressure tires; low drop handlebars; and a narrow seat—all designed for fast, aerodynamic performance.

The upside:

They're super efficient and generally have 16 to 21 "speeds", meaning you have a variety of gears to help you pedal easily on hills and flat terrain.

The downside:

Non-racing riders often find the hunched-over position uncomfortable. To make them more commuter friendly, raise the handlebars to achieve a more upright position.



MOUNTAIN BIKE

Designed for off-road riding, mountain bikes have fat, low-pressure, knobby tires that grip roots, rocks, and mud; flat, upright handlebars that are easy to maneuver on tricky terrain; and many easy gears for climbing steep, gravelly hills. Most also have "suspension" or shock absorbers.

The upside:

They're very stable and comfortable.

The downside:

Those big tires make them slow and inefficient on the pavement. To make them more commuter friendly, try adding narrower, smoother tires.



LIFESTYLE BIKE

With comfort in mind, lifestyle bikes have upright handlebars, wide tires, plenty of gears, suspension seat posts, and wide saddles to help give you the most comfortable ride possible.

The upside:

The ride is comfortable wherever your adventures take you.

The downside:

They're heavy and not as fast as a road bike. A lifestyle bike is a popular choice for those who seek comfort over speed.



COMMUTER

This emerging category is the one to watch for bike commuters. Aptly named, commuter bikes are the workhorses of the bike world. They've been wildly popular in Europe and Asia for years, and are finally making their way onto U.S. shores. The rider position is upright, stable, and comfortable.

The upside:

They can be equipped with fenders to keep you clean and dry on wet roads; cargo racks (or at least rack mounts) to carry your bags; and allow room for chain guards to keep your pants grease and fray free.



http://www.bikeleague.org/programs/bikemonth/pdf/BTWW_Booklet.pdf

Hurricane Season is just around the corner.....

Tropical Cyclone: A warm core nonfrontal synoptic scale cyclone, originating over tropical or subtropical waters, with organized deep convection and a closed surface wind circulation about a well defined center. Once formed, a tropical cyclone is maintained by the extraction of heat energy from the ocean at high temperature and heat export at the low temperatures of the upper troposphere.

Tropical Depression: A tropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) is 38 mph (33 knot) or less.

Tropical Storm: A tropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) ranges from 39 mph (34 knots) to 73 mph (63 knots).

Hurricane: A tropical cyclone in which the maximum sustained surface wind (using the U.S. 1-minute average) is 74 mph (64 knots) or more.

Storm Surge: An abnormal rise in sea level accompanying a hurricane or other intense storm, and whose height is the difference between the observed level of the sea surface and the level that would have occurred in the absence of the cyclone. Storm surge is usually estimated by subtracting the normal or astronomic high tide from the observed storm tide. Storm surge can reach heights well over 20 feet and can span hundreds of miles of coastline.

Storm Tide: The actual level of sea water resulting from the astronomic tide combined with the storm surge.

Hurricane Warning: An announcement that hurricane conditions (sustained winds of 74 mph or higher) are expected somewhere within the specified area. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the hurricane warning is issued 36 hours in advance of the anticipated onset of tropical-storm-force winds.

Hurricane Watch: An announcement that hurricane conditions (sustained winds of 74 mph or higher) are possible within the specified area. Because hurricane preparedness activities become difficult once winds reach tropical storm force, the hurricane watch is issued 48 hours in advance of the anticipated onset of tropical-storm-force winds.

Tropical Storm Warning: An announcement that tropical storm conditions (sustained winds of 39 to 73 mph) are expected somewhere within the specified area within 36 hours.

Tropical Storm Watch: An announcement that tropical storm conditions (sustained winds of 39 to 73 mph) are possible within the specified area within 48 hours.

Short Term Watches and Warnings: These watches/warnings provide detailed information about specific hurricane threats, such as flash floods and tornadoes.

<http://www.ready.gov/hurricanes>

Word Search Puzzle

W H G E S L S Q U C C S P U R E N L D Y
 R U T S B O B N F R U M Y V O N O I W T
 W C J F P W M Y O K T W U L I D I F X E
 B O F A T A L I T I E S A I E I S E V F
 B I C Y C L E K H N T C C T Z Z S S T A
 E S N E C I L U X S I N C H E B E T Q S
 M R O T S N R J B P I A E I T F R Y H R
 E L C Y C R O T O M R G T T V W P L T A
 U D D V I R A R M T K E N N N L E E P I
 A S A C B E T E S N M O S A U I D E V C
 Z O A O M T S I W L T V N O L O B X Y S
 A N V G R U D T E E G L O V E S M C U G
 E W O I P M S H R W Y O Q Q H Y L R Q L
 N I A P P M L U W E G E O P E O G M W P
 M U U R E O G B Q D S K Y G N E P F A D
 Z W S B E C E N N U X S P E U S F W R Q
 I A Y B Z N V E J H N P B E U O D L N R
 B T F W W H E N H Q D W V D T A P N I X
 V C T V E C D S O V R T W I P K Q A N T
 E H T O W E D O S E C I W T K O O L G N

AWARENESS
 BICYCLE
 COMMUTER
 CYCLONE
 DEPRESSION
 DISTRACTED
 EYEWEAR
 FATALITIES
 GLOVES

HELMET
 HURRICANE
 INTENTIONS
 LICENSE
 LIFESTYLE
 LOOK TWICE
 MOTORCYCLE
 MOUNTAIN
 ROAD

SAFETY
 SIGNALS
 STORM
 STRESS
 SURGE
 TIDE
 TROPICAL
 WARNING
 WATCH

The Safety Advisor puzzle is generated from the
<http://www.discoveryeducation.com/free-puzzlemaker>.
Omissions or errors are possible and are the sole responsibility of the program
and not the producers of this Newsletter.

SAFETY SLOGAN

"Nothing compares to the simple pleasure of a bike ride"

John F. Kennedy

"If you think you can't stop texting and driving, it can stop you!"

Cheri Kelly

FDOT District 1
Communications Office

Safety Hot Line (850) 245-1543

You can report hazards by telephone.

You can remain anonymous.

Everything is confidential.

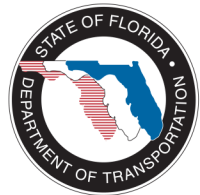
An investigation will follow and
any necessary actions will be taken and you
will be notified within 30 days if you so
desire.



SAFETY DOESN'T HAPPEN BY ACCIDENT.



This monthly newsletter is produced by the State Safety Office by Mark Eacker.
For content information, please call or email the editor, Mark Eacker, at:
850-245-1510 / mark.eacker@dot.state.fl.us
Our internet address is: www.dot.state.fl.us/safety
Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Local Fax: 850 245-1554

Via US Postal Service (or inter-office mail) to the address shown below.

**Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, Florida 32399-0450**

| Survey Questions | Yes | No |
|---|-----|----|
| Are the Safety Advisor topics relevant to your day to day job? | | |
| Do you use the Safety Advisor in any manner other than read it ? | | |
| What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific) | | |
| <hr/> <hr/> <hr/> <hr/> <hr/> | | |
| Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments. | | |
| <hr/> <hr/> <hr/> <hr/> <hr/> | | |

Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time.

Slogans are judged on originality.

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry".**

Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: (____) _____



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|--|---------|-------------------------------|----------|---------------|---------------|
| 28 | 29 | 30 | 1 | 2 | 3 PAY DAY | 4 |
| 5 | 6 | 7 | 8 BIKE TO SCHOOL DAY | 9 | 10 | 11 |
| 12 MOTHER'S DAY | BIKE TO WORK WEEK | | | | | 18 PAY DAY |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 MEMORIAL DAY STATE HOLIDAY | 28 | 29 | 30 | 31 PAY DAY | 1 |

| THE MONTH OF MAY | |
|---|--|
| May 2013 is Observed as | Motorcycle Safety Awareness Month, National Bike to Work Week, National Bike Month, National Bike to School Day. |
| Birthstone | Emerald |
| Fruit & Vegetables for the Month of May | Cherries, Pineapple, Apricots, Rhubarb, Spring peas, Okra, Asparagus & Zucchini. |
| May Flower | Lily of the Valley |
| Astrological Signs | Taurus (till 21st) & Gemini 22nd--> |